

## Gr 6 Lesson Plan

### Theme: Feeling Good

**Objective:** Students will learn about healthy and unhealthy foods, discuss their eating habits, and practice expressing agreement and giving advice using "should," "shouldn't," and "could."

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## Lesson Structure & Objectives

### 1. Pair Work activity: Quiz - "How Healthy is the Way You Live?"

**Objective:** Students will assess their daily eating habits and lifestyle choices to reflect on areas of improvement.

- Students will quiz each other on their daily eating habits and lifestyle choices. For example:
  - How often do you eat fruits and vegetables?
  - How many glasses of water do you drink per day?
- Students check their scores and discuss their results briefly.

### 2. Pair Work: Do You Agree with the Advice?

**Objective:** Students will practice expressing agreement and disagreement using "I agree," "I don't agree," "should," "shouldn't," and "I could..." while discussing healthy eating.

- **Student A:** Says at least two things about healthy eating.
- **Student B:** Responds by agreeing or disagreeing using the provided phrases.
  - Example:
    - **Student A:** "We should eat more vegetables."
    - **Student B:** "I agree. They are good for our health."
    - **Student A:** "We shouldn't eat too many sweets."
    - **Student B:** "I don't agree. I think a little is okay."
    - **Student A:** "I could try eating healthier snacks."
    - **Student B:** "That's a great idea!"

### 3. Reading: "In the School Canteen"

**Objective:** Students will read a text about food choices in a school cafeteria and identify healthy and unhealthy eating habits.

- Read a short passage about different food choices in a school cafeteria.

- Teacher first give a definition of healthy and unhealthy
- **Activity: Discussion - Answer the Questions**
  - What do you think is healthy and what isn't healthy in kids' lunches?
  - What kind of food do you eat?

#### **4. Activity: Create a Food Mind-Map**

**Objective:** Students will categorize different foods into healthy and unhealthy groups using a visual representation.

- Students create a mind-map with healthy and unhealthy foods.
- They categorize foods into different groups (e.g., fruits, vegetables, snacks, fast food).
- Share their mind-maps with the class.

#### **5. If there is additional time, students can do the exercises in the Workbook**

**Objective:** Students will reinforce their understanding of healthy and unhealthy foods through vocabulary and grammar exercises.

- **Crossword Puzzle:** "Find the Two Mystery Words" (related to food and health).
- **Grammar Practice:** "What People Say" – Write sentences using "should" and "shouldn't" based on food habits.

#### **Conclusion:**

Students will leave with a better understanding of healthy and unhealthy foods, practice expressing agreement and giving advice, and reflect on their eating habits.